

Download Virgin Diet Slow Cook Recipes Virgin Diet Indulgences

This flavorful, protein-packed Black Bean and Lentil Soup has created a lot of Meatless Monday converts! We always recommend trying to incorporate at least one vegetarian day into your weight-loss routine, whether that day is Monday or any other day of the week. It's a great way to take a break from unhealthy fats (like the saturated fats found in most meats). The benefits of yogurt are immense, but many of these bonuses are undone by cartons full of fruit-flavored, gummy messes. Grab a carton of Chobani's non-fat plain yogurt, which rings in at 90 calories, over their fruit-on-the-bottom mango, a mix that serves up 140 calories and 12 extra grams of added sugar. Bono Olive Oil Review & Contest Giveaway – We have a hundred olive trees with a selection of four different varieties of olives on our property in Umbria that we harvest every year to create our own amazing organic extra virgin olive oil. Without a plan, you're at risk of making poor diet decisions (like ordering take-out after a long day at work). Plus, figuring out what you want to make for dinner is a surefire way to drain willpower and make you want to reach for a cookie once dinner is finished.